WINNIPEG
metro®
Thursday, January 19, 2012
www.metronews.ca
News worth sharing.


# Do your 2012 resolutions include finding a new career?

## Explore what you want to be and how to get there.

Visit CareerBear.com to learn more

# PUT YOUR PAWS ON CAREERBEAR.COM

## NEW WEBSITE AIMS TO SOLVE PROBLEM SURROUNDING FINDING DREAM CAREER

CareerBear.com, a new website, is the first in Canada to help people learn more about their dream careers and take steps to become what they want to be.

Many of us like to daydream — usually while at our current job — about other careers. Maybe you have thought about becoming a chef, or a plumber or a pilot.

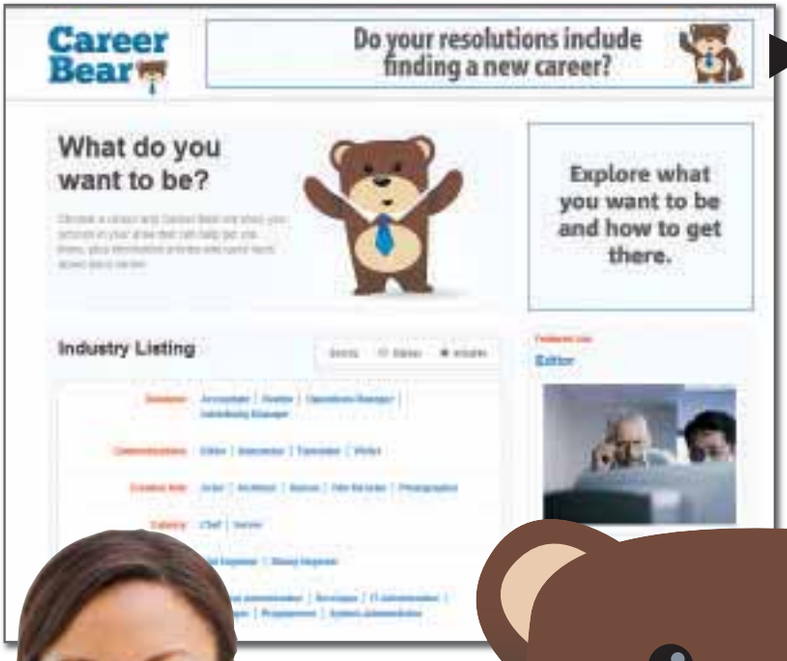
Many of these careers and others are often shrouded in mystery. For example, most people don't know how much a flight attendant makes, or what kind of training is required to become a paralegal. And even if you search around online, it's unclear from most websites how to take it to the next step if you want to pursue that career.

CareerBear.com aims to solve this problem. First, you select a career — any of those mentioned above, plus more in the fields of skilled trades, IT, creative arts, business, etc. Then the site provides you not just with quick facts and articles about how to make your move, but also suggests programs and schools in your area.

For example, let's say you wanted to learn more about becoming a pharmacy assistant. The site's "quick facts" tell you that employment prospects are good and articles let you know more about the job and some of the required skills you may not have guessed.

In addition, CareerBear.com automatically detects your location and suggests relevant training opportunities closest to your city.

If you have ever thought about changing careers or want to learn more about a different path, the site is definitely worth checking out.


Career Bear
Do your resolutions include finding a new career?
What do you want to be?
Explore what you want to be and how to get there.
Industry Listing

## MANY CHOICES

**CareerBear.com features more than 40 different careers, sorted either by name or by industry.**

**The site lists programs closest to major cities Vancouver, Edmonton, Calgary, Winnipeg, London, Toronto, Ottawa, Montreal and Halifax.**

**The site is totally free to use, supported by advertising.**

## LEARN MORE AT CAREERBEAR.COM

Check out our latest offer on page 10

Want to see the Jets in action?
Winnipeg Transit has plenty of great seats to the game!
Winnipeg
winnipegtransit.com or call 311

THE DRESS IS EVERYTHING
WEDDING PLANNER
{page 15}

MRS. WARREN'S Profession
BY GEORGE BERNARD SHAW STARRING SEANA McKENNA
JANUARY 19 - FEBRUARY 4
OPENS TONIGHT!
Seana McKenna Photo by Leif Norman
PART OF SHAWFEST2012
ROYAL MANITOBA THEATRE CENTRE
mtc
www.mtc.mb.ca
LIFE PERFORMED LIVE

WINNIPEG metro®
Thursday, January 19, 2012
www.metronews.ca
News worth sharing.

# Could eastern Manitoba become the next world heritage site?

**A forest area of 33,400 square kilometres is the last intact boreal forest of its kind in the world**

A United Nations organization will soon have before it a bid to designate a huge tract of boreal forest along the Manitoba-Ontario boundary as a world heritage site.

The two provinces, along with five First Nations, finalized their submission package Wednesday — the last step in what has cost millions of dollars and brought political heat for Premier Greg Selinger.

"The UNESCO designation is really a world-class recognition of the southern boreal landscape that we are protecting," Selinger said.

"We're going to be globally recognized for what we've done to protect this site and it will attract eco-tourists from all around the world."

The area is known as Pimachiowin Aki, an Ojibwa phrase that translates as "the land that gives life."

Selinger said the government has spent money "in the very low millions" to prepare the UNESCO bid.

There are more than 900 world heritage sites already designated by UNESCO, including Lunenburg, N.S., and Banff National Park, Alta.

The world heritage committee meets every spring to consider new sites, though it is not clear how soon the bid from Manitoba and Ontario will be considered.

This year the meeting is in St. Petersburg, Russia, but there is no guarantee the bid will be reviewed then. THE CANADIAN PRESS

### Protective measures

- As part of the effort to protect the area, the provincial government in 2007 prevented Manitoba Hydro from building a transmission line through it.
- The government ordered the Crown utility to build a much longer line around lakes Winnipeg and Manitoba, which will cost several hundred million dollars more.
- The opposition Progressive Conservatives denounced the move as costly and unnecessary.
- They have also said construction of a transmission line wouldn't hurt the chances of the vast forest being declared a world heritage site.

COURTESY MANITOBA WILDLANDS

▶ The boreal forest encompasses parts of southern and central Manitoba and northwestern Ontario.

SHOPPERS DRUG MART

1 news

More smartphones are wielding video call technology, and it turns out a lot of us hate it. Scan the code for the story.

1 Download the free ScanLife app with your smartphone at 2dscan.com

2 Use your smartphone to scan 2D barcodes in Metro

3 The codes will direct your mobile browser to m.metronews.ca

**On the web at metronews.ca**

**Investment adviser Allan Small has a few questions investors should ask about the state of the market in 2012. More at metronews.ca/investing**

Follow us on Twitter @metrowinnipeg

# Throw out CWB bid: Lawyers

Government lawyers are urging a Manitoba judge to throw out a bid to suspend the law ending the monopoly of the Canadian Wheat Board on western wheat and barley sales.

They say there is no proof the measure is necessary.

Robert MacKinnon told a judge in Winnipeg on Wednesday that lawyers representing former directors of the wheat board haven't shown the new law will cause irreparable harm.

"We say this motion should be dismissed," MacKinnon told a packed courtroom. "The plaintiffs have failed to satisfy the heavy onus that lies on them."

Justice Shane Perlmutter reserved his decision.

The eight one-time wheat board directors were elected by farmers and dismissed when the federal government's bill ending the monopoly was passed late last year. They want implementation of the new law stopped until a court rules on its validity.

They say it isn't valid because the government didn't hold a referendum among producers before ending the monopoly.

The federal government has argued that farmers have a right to sell their grain independently and Parliament can change its own laws. MacKinnon said the new law repeals the old one so the government was never bound by the clause requiring a referendum.

"Clearly (they) are not representing all farmers," MacKinnon told the judge. "They're representing eight people." THE CANADIAN PRESS

**Flip.** Over

▶ At least one person was taken to hospital in critical condition after a vehicle went over the Disraeli Bridge Wednesday afternoon.

SHANE GIBSON/METRO

## SUV plunges off Disraeli Bridge

**Police at the scene said one person was pulled from the SUV after it went through the rails onto the ice of the Red River. The accident, which happened at about 3 p.m., left the SUV upside down, but the vehicle didn't smash through the ice.**

# Helping the cancer-stricken butt smokes out ... for good

**▶ Program free of charge ▶ Cost to treat lung cancer is tens of thousands of dollars ▶ Cost to quit is $800**

ELISHA DACEY
@METRONEWS.CA

A new program out of CancerCare Manitoba hopes to help smokers who have cancer kick the nicotine habit.

The goal of the Smoking Cessation Program is to help cancer patients, already facing a difficult diagnosis, give up a drug that is more addictive than heroin, said Dr. Dhali Dhaliwal, CCMB president.

"Not only are we targeting patients ... we're also targeting their families," said Dhaliwal, adding that if someone smokes and gets cancer, chances are much greater their relatives also have the genes that make them susceptible to cancer from cigarette smoke.

Initially, the program will focus on people suffering from lung, head and neck cancers, but will expand to include all CCMB patients facing cancer.

Patients will have access to counsellors and tools to help them quit, such as the nicotine patch, said Dhaliwal. "Counselling, the patch and other tools, we know this is the best way to help people quit," he said. "It's much easier than doing it alone."

Dhaliwal said they hope to see 200 initial patients and their family members use the program.

**Inhale the facts**

- Cigarette smoking is the most preventable cause of cancer, particularly lung cancer.
- It is also a known trigger for at least 10 other cancers, including esophagus, stomach, mouth, throat and bladder cancer.
- About 80 to 90 per cent of lung cancers are associated with first- or second-hand exposure to smoke.
- For every cigarette someone smokes, it costs Canadian taxpayers $1 in health-care costs.

# Two suspects sought in New Year's robbery

Winnipeg police say a man found lying on the street on New Year's Day was assaulted for his belongings.

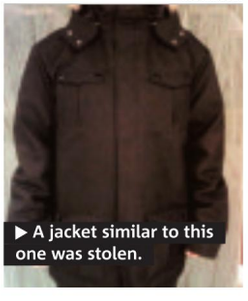
Police said a 24-year-old man was found in a lane behind a hotel on Albert Street with extensive upper-body injuries at about 5 a.m., Jan. 1. He was taken to hospital in critical condition, but is now stable.

Police said the man's black Foot Locker winter jacket and black and white Nike Air Jordan shoes were stolen.

Police said they are looking for two people. The first is an aboriginal male in his mid-20s and about 300 pounds, who was wearing black and white clothing. The second is an aboriginal female in her mid-20s.

Anyone with information is asked to call police at 986-6219. METRO

WPS HANDOUT



▶ A jacket similar to this one was stolen.

## News in brief

### Hockey coaches still suspended

**HAZINGS.** Two coaches remain suspended over hazings on a Manitoba Junior Hockey League team, the Neepawa Natives. Former head coach Bryant Perrier remains suspended from coaching until April 1. Former assistant coach Brad Biggers remains suspended until July 1. THE CANADIAN PRESS

### WiseUp court challenge stalled

**RADAR TICKET.** A court challenge by WiseUp Winnipeg has been stalled after the expert witness was declared unable to testify. The group was there to help fight a $191 radar ticket. METRO

# comwave Home Phone

## All Features FREE

FREE | Voicemail
FREE | Caller ID
FREE | Call Waiting

and much more

### comwave Home Phone
**Unlimited Local**

- Unlimited local calling
- 14 free features

$14.95 /month

### comwave Home Phone
**Unlimited Canada**

- Unlimited local calling
- 14 free features
- Unlimited Canada calling

$19.95 /month

### comwave Home Phone
**Unlimited Global**

- Unlimited local calling
- 14 free features
- Unlimited North America calling
- Unlimited calling to almost 60 countries

$29.95 /month

Our Best Value

# 6 Months FREE

Your Satisfaction is Guaranteed or You Pay Nothing!

Save up to $500.00 this year!

comwave
www.comwave.ca

# 1-866-210-0444

While Comwave strives for accuracy in our advertising, Comwave reserves the right to correct any error in pricing or information at any time. HOME PHONE (VOIP) 911 may not be available or may be limited in certain areas and/or under certain circumstances. See comwave.ca/911 for more information. All Unlimited Plans do not include calls to Northern Quebec, Nunavut, NWT, Alaska and Hawaii. Plan Month & Free Promotion is based on a 730 hour month and includes a 30 Day Satisfaction Guaranteed period. The Global Plan includes a 30 Day Satisfaction Guaranteed period. If you are not 100% completely satisfied, you may terminate the service anytime within the Satisfaction Guaranteed Period and receive a full refund, applies. If you port the your existing phone number from your current provider to Comwave within the first 30 days, you will receive an additional 1 month free for a total of 6 months free! Save $100 this year is calculated using both Home Phone plan with 3 additional flat rate plus the initial one-time fee of 12 months, minus the cost of Comwave Home Phone plan over 12 months while including the 6 month free promotion. Terms and conditions apply, see www.comwave.ca for details.

# The day the web got a black eye

## Websites go dark in support of Wikipedia's protest
## U.S. legislation called threat to freedom on the web

Jan. 18 is a date that will live in ignorance. Wikipedia was black.

The online encyclopedia launched a 24-hour blackout of its English-language articles in a protest against pending U.S. legislation aimed at shutting down sites that share pirated movies and other content.

Other sites joined in:

Reddit.com shut down its social news service for 12 hours.

Google blacked out the logo on its home page, directing surfers to a page where they could add their names to a petition against the bills.

Craigslist changed its local home pages to a black screen directing users to an anti-legislation page.

ERIC RISBERG/THE ASSOCIATED PRESS

▶ A blacked-out page is displayed in Wikipedia's San Francisco "war room."

After 10 seconds, a link to the main site appeared on the home page, but some surfers missed that and were fooled into thinking the whole site was blacked out.

The Internet companies were protesting over the Stop Online Piracy Act in the U.S. House and the Protect Intellectual Property Act under consideration in the Senate.

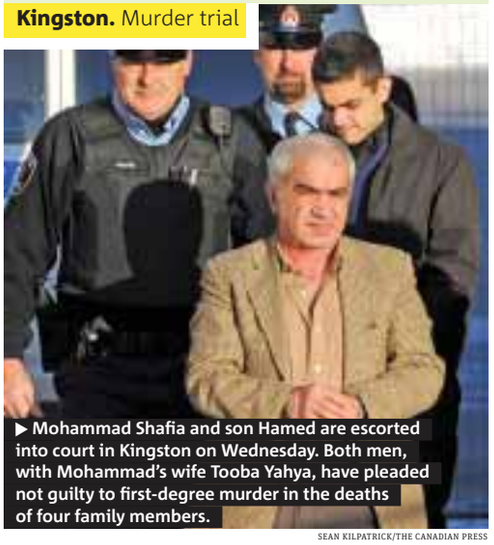
If passed, the bills could be used to target legitimate sites where users share content.

Wikipedia's decision was reached after polling its community of contributors.

But dissenters say political advocacy undermines the site's mission as a neutral source.

THE ASSOCIATED PRESS

**Kingston.** Murder trial



▶ Mohammad Shafia and son Hamed are escorted into court in Kingston on Wednesday. Both men, with Mohammad's wife Tooba Yahya, have pleaded not guilty to first-degree murder in the deaths of four family members.

SEAN KILPATRICK/THE CANADIAN PRESS

## A curse or just a cuss?

**The so-called honour-killing trial on Wednesday got a lesson ... in swearing. Mohammad Shafia, accused of killing his daughters, was caught on police wiretaps saying: "May the devil (defecate) on their graves." But linguistic expert Nabi Misdaq testified that the expression in the Dari language is comparable in English to "To hell with them."**

## General: We know how to keep a secret

Canada's top military commander is trying to scrub away the tarnish created by a spy case involving a naval intelligence officer.

Gen. Walt Natynczyk says everyone handling secrets is required to observe stringent procedures and conduct themselves ethically.

Sub-Lt. Jeffrey Paul Delisle is charged with communicating information to a foreign entity without authorization.

THE CANADIAN PRESS

**MacKay mum**

▶ It has been suggested that Sub-Lt. Jeffrey Delisle was spying for Russia — something Defence Minister Peter MacKay refuses to confirm or deny.

**LOSE WEIGHT**

START losing weight with DietSTART and KEEP losing weight with SIMPLY TRIM. Safe and effective, DietSTART and SIMPLY TRIM will help you to balance blood sugar, curb cravings and reshape your body.

**QUIT SMOKING**

Smokers' Cleanse is a 30 day program that provides lung support, craving support and a stress relief formula to help you quit smoking once and for all.

**IMPROVE HEALTH**

Rapid Cleanse is a therapeutic strength 7 day cleansing program that works to cleanse and detoxify your entire body. Cleansing will help to improve your health and increase your energy.

**BE HAPPY**

Research shows that omega 3 fatty acids, particularly EPA, from fish oil help to elevate mood. Super Critical Omega is the most concentrated fish oil available and with 1000 units of Vitamin D in every capsule, it is like sunshine in a bottle!

*ASK IN-STORE FOR YOUR FREE COPY OF "NEW YEAR, NEW YOU" FOR OVER $10.00 IN MONEY SAVING COUPONS!*

***SOLUTIONS** for your **RESOLUTIONS***

*VISIT US AT WWW.RENEWLIFE.CA*
*facebook.com/renewlifecanada • twitter.com/renewlifecanada*

*Look For Renew Life Products Wherever Natural Health Products Are Sold. To Find A Store Near You Visit WWW.RENEWLIFE.CA Or Call 1-800-485-0960 Ext 3*

## News in brief

### Cancer: First, the good news

**DISEASE.** More Canadians are being diagnosed with cancer due in part to the aging population, but more are surviving the disease over time, a new Statistics Canada study has found.

But StatsCan senior analyst Kathryn Wilkins called it a "good news story": People are living longer with cancer, so obviously it's more prevalent."

Wilkins added: "We found that for all cancers combined, the aging of the population accounts for about half the rise in the rate of prevalence."

THE CANADIAN PRESS

### This panel has red tape taped

**PAPERWORK.** Bring in a new regulation, get rid of an old one.

That's the way to cut red tape, says the government's red-tape-reduction commission.

Its proposal: "Every time the government proposes a new regulation, it must eliminate an existing one."

Paperwork caused by government regulations is said to cost businesses more than $30 billion a year.

"If the federal government moves on this, it will show it is very, very serious about eliminating dumb and ineffective rules and improving government customer service," said Catherine Swift, head of the Canadian Federation of Independent Business and a member of the commission.

THE CANADIAN PRESS

### Porn industry in condom war

**WITHDRAWAL.** Porn moviemakers say they'll pack up their sex toys and abandon Los Angeles if officials order every actor to wear a condom.

City council voted for a law that would deny permits to producers who do not comply.

The law now goes to the mayor for approval. But before it can take effect, the council has called for the creation of a committee made up of police and health officials and others to determine how it might be enforced.

THE ASSOCIATED PRESS

# Cruise ship musician died for his violin

**Big-hearted Hungarian helped crying kids with their lifejackets after disaster struck Then he went to his cabin to get beloved instrument**

A Hungarian musician died in the Costa Concordia cruise-ship disaster because he tried to retrieve his beloved violin from his cabin.

Violinist Sandor Feher, 38, had been working as an entertainer on the ill-fated liner, which slammed into a reef off the tiny Italian island of Giglio.

Jozsef Balog, a pianist working with Feher, said Feher was wearing a lifejacket when he decided to return to his cabin to get his violin.

Before that, Balog said, Feher helped put lifejackets on several crying children.

He was last seen on deck en route to the area where he was supposed to board a lifeboat.

Feher's body was found inside the wreck and identified by his mother, according to Hungary's foreign ministry.

The $450-million Costa Concordia was carrying more than 4,200 passengers and crew when disaster struck.

DIGITALGLOBE/THE ASSOCIATED PRESS

▶ A satellite image provided Wednesday by DigitalGlobe shows the Costa Concordia lying on its side off Giglio.

**Captain tripped?**

- Francesco Schettino, the captain of the ill-fated ship, was quoted as saying Wednesday that he tripped and fell into the water from the listing vessel and never intended to abandon his passengers.
- He was placed under house arrest Tuesday, facing possible charges of manslaughter, causing a shipwreck and abandoning his ship.

The death toll stands at 11, but 21 people are still unaccounted for.

Rescue workers suspended operations Wednesday after the cruise ship shifted slightly on the rocks, creating deep concerns for the safety of divers and firefighters searching for the missing.

Bad weather also postponed the operation to extract 1.8 million litres of fuel on board, as Italy's environment minister warned of ecological implications if the ship sinks.

THE ASSOCIATED PRESS

FORD CHEVROLET DODGE GMC CHRYSLER KIA TOYOTA CADILLAC
Apply online @ AutoMallFinance.com
1-877-796-0505
NEW & USED
GUARANTEED APPROVAL
at the Auto Mall
ALL Approved
Levels of credit
Makes and models
#1 SECURE A GUARANTEED LOAN!
#2 SELECT A VEHICLE TODAY!
#3 DRIVE AWAY TODAY!
What's your trade worth? Check it now @ AutoMallFinance.com
IF YOU CALLED US YESTERDAY, YOU WOULD BE DRIVING TODAY!
AUTO MALL FINANCE 1000-1717 WAVERLEY ST. WINNIPEG, MB

## News in brief

### IMF seeking $500B to lend

The International Monetary Fund said Wednesday it's aiming to increase its financial firepower by around $500 billion US so it can issue new loans to help ease a worsening financial crisis.

The IMF has put up about a third of the financing of the eurozone's bailouts. But there are growing worries that non-European countries will also need more help because of the worsening economic outlook. **THE ASSOCIATED PRESS**

### European crisis affecting Canada: BoC

The Bank of Canada called Europe the biggest threat to Canada's economy Wednesday, estimating the loss in output this year will be about $10 billion.

Bank governor Mark Carney said his estimate only represents the bill from Europe's current recession and will be much steeper if the continent is unable to contain its debt crisis. **THE CANADIAN PRESS**

### Nortel execs got fraudulent bonuses: Crown

The three former Nortel Networks Corp. executives on trial for fraud knowingly manipulated the now insolvent company's books to reap nearly $13 million in cash and stock bonuses, the Crown alleged Wednesday.

The three men have pleaded not guilty to the charges. **THE CANADIAN PRESS**

# U.S. turns down Keystone pipeline

## State Department points out decision hinged on lack of time for proper environmental assessments

Trapped by an untenable Feb. 21 deadline imposed by Congress, U.S. President Barack Obama rejected TransCanada's proposed $7-billion Keystone XL pipeline on Wednesday in a decision his Canadian counterpart greeted with "profound disappointment."

Obama called Prime Minister Stephen Harper on Wednesday to break the news, but also to point out that TransCanada was free to submit an amended application — one that would reroute the Alberta-to-Texas pipeline around an environmentally sensitive aquifer in Nebraska.

"Prime Minister Harper expressed his profound disappointment with the news. He indicated to President Obama that he hoped that this project would continue given the significant contribution it would make to jobs and economic growth both in Canada and the United States of America," Harper spokesman Andrew MacDougall said.

Indeed, Keystone XL is likely more delayed than dead: The move essentially allows the White House to take back control of the approval process after Republican lawmakers attempted to force Obama into greenlighting the politically charged project in late December. **THE CANADIAN PRESS**

### Market moment

PRICES AS OF 5 P.M. WEDNESDAY

| TSX | Dollar |
|---|---|
| + 94.69 (12,327.52) | + 0.39¢ (98.89¢ US) |

| Oil | Natural gas | Gold |
|---|---|---|
| - 12¢ US ($100.59 US) | $2.47 US (- 2¢ US) | $1,659.90 US (+ $4.30 US) |

REWARDING CAREERS ARE NEVER HANDED TO YOU. AT CDI COLLEGE, WE'LL HELP YOU EARN ONE.

CDI College has been helping people like you launch successful careers for more than four decades. Choose from over 50 market-driven programs in **Business**, **Art & Design**, **Technology** and **Health Care**. A new career can be in the palm of your hand. Call CDI College today!

CDI college

*Canada's Leading Career Training Provider.*

To get started today, visit **mb.cdicollege.ca** or call **1.877.404.4355**

youtube.com/CDICareerCollege
twitter.com/CDICollege
facebook.com/CDICollege



RETAIL SALES ACCOUNT MANAGER

**Metro Winnipeg is seeking a Retail Sales Account Manager to achieve regional targets for both print & online, plus page yields, by developing and growing an existing retail sales territory. As part of a highly cohesive sales team and reporting to the Sales Manager, Metro Winnipeg the successful candidate would have the following:**

PRIMARY RESPONSIBILITIES:

- Manage an assigned retail sales territory and acquire market knowledge by becoming involved in the territory's community
- Design advertising programs to match clients' objectives
- Prospect for new accounts by soliciting new business in the marketplace
- Creatively negotiate rates in accordance with Metro's guidelines and restrictions
- Sell a portfolio of Metro branded products
- Keep clear and accurate customer files in Metro's CRM

REQUIREMENTS OF THE POSITION:

- Post secondary degree or diploma in a related field preferred
- At least 3 yrs experience in retail sales, media sales is an asset
- Valid drivers license and a vehicle
- Proficient in Microsoft Office including PowerPoint, Excel, Word & Outlook
- Attention to detail and thoroughness in the execution of tasks
- Creative, efficient, flexible, entrepreneurial, collaborative & detail oriented
- Strong communication abilities: writing, presentation and design
- Proven track record in profitable selling

**Individuals interested and having the skills described are requested to submit their resume and cover letter via email to hr@metronews.ca no later than January 31, 2012. PLEASE QUOTE: "Retail Sales Account Manager - Winnipeg" in the subject line. All submissions will be treated as confidential.**

metro

EVAN VUCCI/THE ASSOCIATED PRESS

▶ Demonstrators march with a replica of a pipeline during a protest against the Keystone XL pipeline outside the White House on Nov. 6, 2011, in Washington, D.C.

SHOP! • DONATE!
MCC is a great place to shop for or donate quality used furniture!

MCC FURNITURE THRIFT STORE
18 Keewatin Street, Winnipeg, MB (one block north of Notre Dame Avenue)
204.694.3669 • mccfts@shaw.ca • mccfurniturethriftstore.com
Hours: Mon. to Wed., Fri. & Sat. 10am to 5pm, Thurs. 10am to 8pm - closed Sunday and holidays

PLEASE BRING IN THIS COUPON
FOR 25% OFF. 1 ITEM ONLY.
Coupon good for Keewatin Store Location
only on Jan 19, 20 and 21, 2012.

Try our new menu and never have order envy again.

16 NEW DISHES

Kelsey's new menu is here. Enjoy 16 fantastic new dishes made from mouth-watering ingredients – like the tender strips of juicy steak and sautéed Portobello mushrooms tossed with Korean barbecue sauce in our Tender Beef Stir Fry. If you don't love it as much as we do, it's on us. Guaranteed. So drop by tonight!

® Registered trademark of Cara Operations Limited.

Taste the change in your neighbourhood.

Kelsey's

# TORIES' NOSES MAY BE A LITTLE OUT OF JOINT

## HE SAYS ...

JOHN MAZEROLLE
METRO

The Liberal Party has gone to pot — and I like it.

The Grits, their popularity up in smoke, have decided to nip the problem in the bud by legalizing marijuana.

There. Now that I've got every marijuana pun out of the way, I can say that the Liberals' recent decision to add pot decriminalization to its platform is a rare instance when political expediency collides with common sense.

Yeah, the Liberals are Canada's longest-running situation comedy, and need to do something to win back their dwindling audience. But if that desperation leads to an actual common-sense revolution where the War on Drugs is seen as Reefer Madness, then smoke 'em if you got 'em, because I'm in.

I don't even like pot — the smell makes me queasy — but I know the decades-long battle to teach kids about the dangers of drugs is a colossal failure. How? Because I was a kid.

**"... in my experience the predominant symptom among pot smokers is a good-natured sleepiness. Do we really need the government's War on Naps?"**

When I was young, all the Nancy Reagan, very-special-Blossom, this-is-your-brain-on-drugs propaganda led me to believe that smoking a joint was on par, health-wise, with enjoying a glass of anti-freeze.

Then I got to junior high and noted with interest that pot-smoking classmates appeared to be fine, save for an apparent inability to comb their hair.

At this point the War on Drugs was useless, because I no longer trusted anything else I had "learned." To this day I have no idea what the relative danger of, say, cocaine actually is. (If it were as dangerous as I was told, you'd notice the crowd thinning over the course of the Oscars.)

Drug education is a lot like those sex-ed classes where they never let on that sex might feel as good as a satisfying sneeze. As you watch a different teacher each year awkwardly describe sex as if it were Basic Tent Assembly, it finally dawns on you: "They're holding back on something *amazing*."

With both sex and drugs, the powers-that-be are withholding the full truth from kids when they need adults' guidance most. That's nothing short of irresponsible.

So, if any kids are reading this, tell your friends: Criminal charges aside, pot looks kind of fun.

I've seen angry, puking, bawling alcohol drinkers pretty much every week of my life, but in my experience the predominant symptom among pot smokers is a good-natured sleepiness. Do we really need the government's War on Naps?

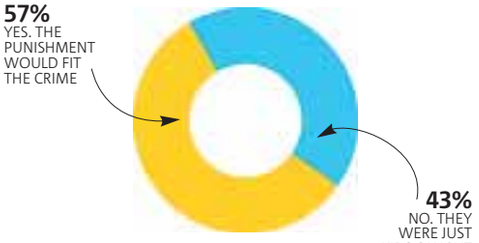
And let's not forget that the Conservatives are planning to make our marijuana laws even tougher. On the slim chance that they ask you if you agree with their approach, remember your training, kids.

Just say no.

*Read more of John Mazerolle's columns at metronews.ca/hesays*

## Register at metropolitanpanel.ca and take the quick poll

### Should Stanley Cup rioters be sentenced to jail time?




## Local tweets

**@stefspeaks:** Looking like even more of a Voyageur today. This time with a Burberry scarf. Louis would be proud. #Winnipeg

- **@stephenhua:** There's more snow in Vancouver than in Winnipeg...
- **@meganchukk:** Mother of god, Winnipeg has the worst drivers.
- **@Jillknaggs:** Old building. Office freezing, but bathrooms are like saunas. Considering moving laptop and working at sink. Weird or survival skill?
- **@empotter10:** the worst is playing basketball against people who smell bad, I can't guard you...you win.
- **@SimPannu:** So sick of hearing about bipole lll. Displace a community or destroy a UNESCO world heritage site: did they make a decision on that yet?
- **@emmadacquisto:** wearing two pairs of socks makes my boots too tight #winnipegproblems
- **@chlooeshaw:** not leaving my bed again today #socold #ihatewinter

## Daily Zoom

GUY TAL

# Deep purple

### Desert becomes magic carpet

**MOJAVE DESERT, UTAH.** Every five years or so, this isolated expanse of Utah desert is magically transformed into a meadow of purple wildflowers. Scorpionweed carpets this section of the Utah badlands only when there's a rare combination of winter rainfall and sunshine within a narrow time frame. MWN

**"Five years after conceiving the image, I was at last able to capture it. I had the dramatic backdrop of a thunderstorm — an especially rare event in these parts."**
**GUY TAL, PHOTOGRAPHER**

### Scorpionweed

- **It has this name for a reason.** Its flowerhead looks like a scorpion's tail and it leaves a nasty rash when touched.
- **How the photographer saw it.** "Each day the patchwork of colours shifted from purple to yellow and changed until, just a couple of short weeks later, the place was again barren."

metro
**METRO WINNIPEG** • 161 Portage Ave E • Suite 200 • Winnipeg MB • R3B 2L6 • T: 204-943-9300 • Fax: 888-846-0894 • Advertising: 204-890-8397 • adinfowinnipeg@metronews.ca • Distribution: winnipeg_distribution@metronews.ca • **Vice-President and Group Publisher, Metro Western Canada** Steve Shrout, **Managing Editor** Elisha Dacey, **Sales Manager** Dave Kruse, **Distribution Manager** Rod Chivers • **METRO CANADA: President and Publisher** Bill McDonald, **Vice-President, Sales** Quin Millar, **Vice-President, Business Ventures** Tracy Day, **Vice-President, Marketing & Interactive** Jodi Brown, **Editor-in-Chief** Charlotte Empey, **National Deputy Editor** Fernando Carneiro, **Managing Editor, News & Business** Amber Shortt, **Managing Editor, Life & Entertainment** Dean Lisk, **Managing Editor, Night Production** Matt LaForge, **Associate Managing Editor, News & Business** Kristen Thompson, **Art Director** Laila Hakim, **National Sales Director** Peter Bartrem, **Director, Marketing & Research** Robyn Payne

# Turn music Upside Down

**Rock documentary on Creation Records goes to great lengths to ensure the story tells itself**

## BACKSTAGE PASS

**JARED STORY**
METRO WINNIPEG

Upside Down tells the tale of Alan McGee and Creation Records, the British independent record label responsible for launching such bands as The Jesus and Mary Chain, Primal Scream and Oasis.

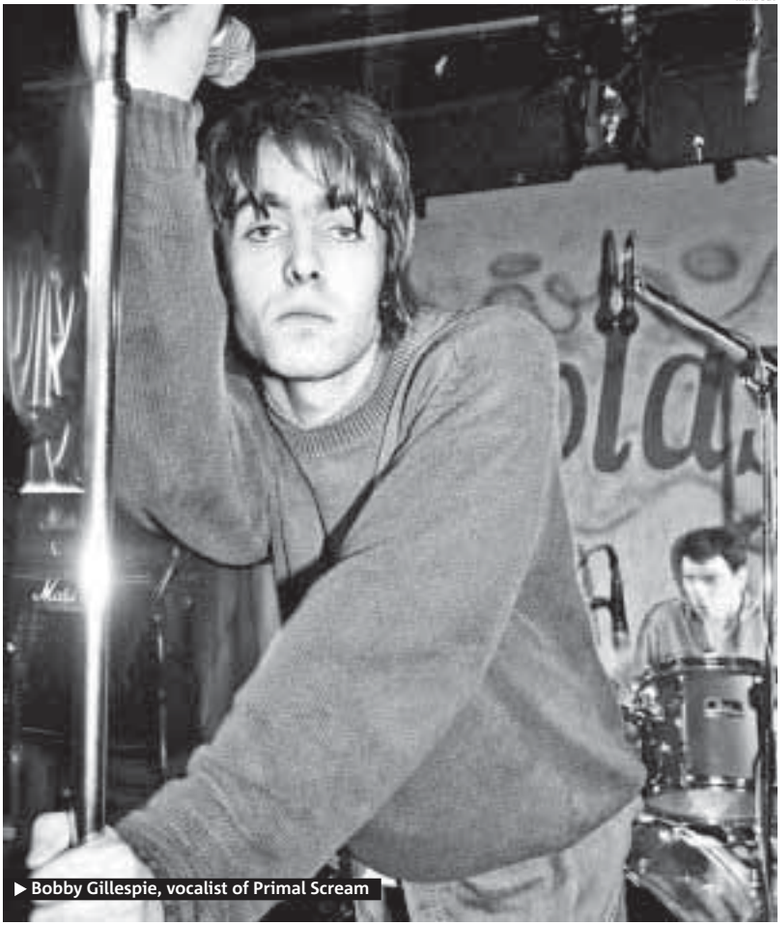
Directed by Danny O'Connor, the film tracks Creation's evolution, from its inception in 1983 to its dissolution in 1999. The Irish filmmaker took on the project because he believes in Creation.

"I adored the Mary Chain. They were my band and I adored them beyond belief," says O'Connor, 45. "Then, probably three or four years later, along came Ride and I adored them as well and then along came Oasis about four years after that. It's like the World Cup, everything works in four year cycles. Admittedly though there was a lot of really good stuff in the interim. I can't think of a band on Creation that I disliked."

True to O'Connor's World Cup theory, Upside Down took almost four years to complete. That's because O'Connor self-financed the rock doc, interviewed an incredible amount of people involved in Creation's history and didn't take any shortcuts, like adding voiceover.

"I absolutely hate narration because it compromises the subject," O'Connor says. "It probably cost me two months extra in edits to make everyone narrate it, as opposed to having one voiceover, but the minute you have one individual overriding it is the minute you've compromised it. If I can get the key players to tell the story themselves, it takes a bit longer and it's a bit of a pain in the ass, but ultimately its better."

HANDOUT



▶ Bobby Gillespie, vocalist of Primal Scream

**"If I can get the key players to tell the story themselves, it takes a bit longer and it's a bit of a pain in the ass, but ultimately its better."**
**DANNY O'CONNOR**

Mojo agrees. At its annual awards ceremony last summer, the UK's bestselling music magazine presented O'Connor with its Mojo Vision award.

"I shared a stage with Brian Wilson from The Beach Boys, Ringo Starr from The Beatles and John Lydon from the Sex Pistols, how surreal do you think that feels?" O'Connor says. "What a wonderful world to inhabit. We worked long and hard for almost four years to make it, I financed all of it and there was a lot of grief along the way. My night out with Mr. Wilson and Mr. Starr, well it would have been cheaper just to pay them to come around to the house and play."

Upside Down: The Creation Records Story screens tonight, tomorrow and Saturday at Cinematheque. Local band Haunter will play a set of Creation covers prior to Saturday's screening. Admission is $8, $7 for student/seniors. All shows are at 9 p.m.

2 scene

### Ladies Love

After seven years with a no-host format, the Grammys will have an emcee — LL Cool J. The Grammy-winning rapper says his hosting duties are a dream come true.
**THE ASSOCIATED PRESS**

Jessica Alba keeps it 'Honest' with e-commerce business selling eco-friendly family products.

Buy For: $49

WagJag.com DEAL OF THE DAY!

$49 FOR A 10-CLASS PASS FROM PEG CITY YOGA

HIGHLIGHTS
- Choose from Slow Flow (gentle), Flow (classic Hatha style), Power Flow (works up a sweat) and more
- Stretch and strengthen while calming your mind and spirit

Regular Price: $110
You Save: $61
Discount: 55%

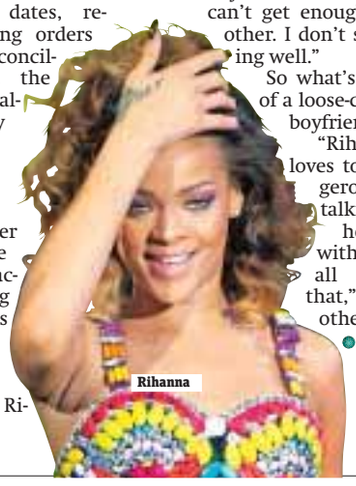
## RiRi 'hooking up' with Chris Brown?

It's been nearly three years since Chris Brown's infamous assault of girlfriend Rihanna, and after all the court dates, restraining orders and reconciliation, the two allegedly have been getting together on the sly, according to Us Weekly. Brown and Rihanna "meet up very casually," a source says.

"She comes to see him anytime she's in L.A. They can't get enough of each other. I don't see it ending well."

So what's the draw of a loose-cannon ex-boyfriend?

"Rihanna loves to live dangerously, and talking to and hooking up with Chris is all part of that," says another source. METRO


Rihanna

# OK there Marky Mark, calm down

### Wahlberg claims he would have landed 9-11 plane, if he were on flight

It looks like Mark Wahlberg has spent a little too much time talking tough on movie sets. In an interview with Men's Journal, the actor claims that if he was onboard a hijacked plane on Sept. 11, things would have ended differently.

(Before we get started, some fun facts about Mark Wahlberg: He's 5-8 and doesn't have a pilot's license.)

"If I was on that plane with my kids, it wouldn't have went down like it did," says the actor, who had purchased a ticket for one of the planes that crashed into the World Trade Center but changed his travel plans.

"There would have been a lot of blood in that first-class cabin and then me saying, 'OK, we're going to land somewhere safely, don't worry.'"

Oh, Mark. In the real world, saying heroic things in a Southie Boston accent doesn't magically kill the bad guys.

MONICA WEYMOUTH; DOROTHY ROBINSON WILL RETURN TOMORROW

ALL PHOTOS GETTY IMAGES

Mark Wahlberg

## Depp's situation 'so sad'

While they've lived happily for more than a decade away from the spotlight in France, Johnny Depp and Vanessa Paradis' relationship is reportedly "all but officially finished," multiple sources tell People magazine.

A main reason for that, the sources say, is location, as the couple — parents to children Lily-Rose, 12, and Jack, 9 — has been residing in Los Angeles more and more often.

Johnny Depp

Some close to Depp and Paradis claim the couple has already split up.

"It's so sad," a source says. METRO

## Lohan a high-end hooker?

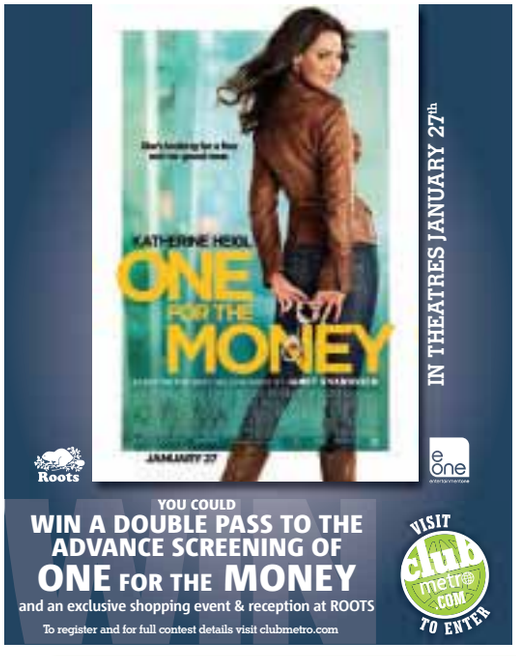
Lindsay Lohan is facing yet another lawsuit, but chances are she's not too concerned about this one.

Thomas Green, a former Marine, is suing the actress for $300,000 for "unfair business practices," claiming that Lohan led him to believe she'd help him with an online business he wanted to start, according to TMZ.

The site refers to Green's filing as "12 pages of incomplete, incoherent gibberish."

In it, Green speculates that Lohan is a high-end prostitute. METRO

Lindsay Lohan


KATHERINE HEIGL
ONE FOR THE MONEY
IN THEATRES JANUARY 27th
Roots
YOU COULD
WIN A DOUBLE PASS TO THE ADVANCE SCREENING OF
ONE FOR THE MONEY
and an exclusive shopping event & reception at ROOTS
To register and for full contest details visit clubmetro.com
VISIT clubmetro.com TO ENTER

Get 18,500 SHOPPERS OPTIMUM BONUS POINTS® WHEN YOU SPEND $75 OR MORE* ON ALMOST ANYTHING IN THE STORE.
THAT'S A $25 SAVINGS VALUE!
SATURDAY, JANUARY 21 TO MONDAY, JANUARY 23
Visit shoppersdrugmart.ca or the store nearest you for details.
*Some conditions may apply. See store for details. Offer valid Saturday, January 21 to Monday, January 23, 2011 only.
FREE feels good
SHOPPERS DRUG MART

# The long and the short of it

**Just because we're knee-deep in winter, doesn't mean we have to resign ourselves to heavy jeans and corduroys Take your fave maxi skirt from the summer, pair it with a shrunken sweater and throw on some woolly tights and boots It's your new chic-and-cosy, cold-weather look**

**MARC BY MARC JACOBS**
Georgia-printed skirt
$270, netaporter.com

**JOE FRESH**
Blue-seater gel
$49, joefresh.com

**TIBI**
long-pleated skirt
$330, shopbop.com

**MADEWELL**
north-isles sweater
$85, madewell.com

**REBECCA TAYLOR**
runway pullover
$350, rebeccataylor.com

**ADAM LONG**
Long-silk-chiffon skirt
$295, shopadam.com

Hanneli Mustaparta expertly nailing the look in New York.

MWN

## Style pick

**The bright pack**
It's tangerine, made from PVC and waterproof. And no, it's not high-vis workman's wear or a niche, fetish trend. It is, however, a Comme des Garçons' courier bag that gives two fingers to the January depression, while offering all the practicality of some dreadful, conference-freebie satchel. This sunny number will last you through the winter and it'll still be on trend come summer.
MWN

**COMME DES GARÇONS SHIRT MEN'S PVC COURIER BAG**
$148, oki-ni.com

Adrien Brody leads a cast of actor-models in Prada's menswear show.

## Jeanne Space

In this hectic modern world, Twitter has become a cool and succinct way of communicating. It allows me to be accessible, instantly speak my mind, and connects me with all kinds of people. Whether it's a fashion question, or you just want to comment on life's bigger picture, I'd love to hear from you.

@Jeanne_Beker: **2012 is the Year of the Dragon. Dragons are unafraid of challenges + like to take risks. What's the gutsy-est fashion move you've ever made?**

- **@chrisjallaire:** Wearing fur in my small hometown. Death wish (but yet I live!)
- **@qualityslippers:** When I was sixteen I wore a unitard to a Sex Pistols concert.
- **@talakamea:** Enrolled in the MA Fashion prgrm @RyersonFashion. Gonna be 1 of the first prgrm grads! My research: the sound of clothing.
- **@AgendaLV:** A top hat with Harley boots.

TUNE INTO FASHION TELEVISION EVERY SUNDAY AT 5:30 P.M. (ET) ON CTV.
JEANNE BEKER'S FINDING MYSELF IN FASHION (PENGUIN) IS AVAILABLE IN BOOKSTORES NATIONWIDE.

In one of my gutsy get-ups...as Pierot, to promote Fashion Cares in 2002. Costume by Izzy Camilleri.

# Get more from your floor

**As we're in snow boots and slush season, entryway floors will take a beating Give this area some tough love so it's functional but still fun**

DIY IDEAS

The spot where we enter our homes — and welcome guests — can be a tricky one to decorate.

It's meant to be a showcase, expressing our style and setting the tone for a visitor's stay. But the floor must withstand dripping umbrellas, muddy shoes and more.

Los Angeles-based interior designer Betsy Burnham is often approached by clients who want help with entryways. Choosing a floor covering is a priority, she says. Here Burnham and two other experts offer tips on durable, easy-to-clean flooring that doesn't skimp on style, from cork to porcelain tile to washable rugs.

**Think replaceable**

Burnham and designer Brian Patrick Flynn, founder of decordemon.com, are fans of cork flooring in high-traffic areas.

Cork squares are durable, made from natural wood fibres and can handle moisture. They also absorb sound well and come in a variety of colours and patterns. "Don't just picture a bulletin board" when you think of cork, Burnham says. Cork offers a look similar to hardwood but is less expensive. And you can replace just one tile if a section gets damaged.

**Think removable**

Rugs can be a great way to delineate the space at an entryway, and many styles are washable. "I've done everything from rag rugs to Turkish carpets" in entryways, Burnham says.

Rather than investing in one expensive rug, she says, buy several that can be swapped out when one is being cleaned.

Meg Caswell, host of HGTV's Meg's Great Rooms, suggests shopping for carpet remnants. Carpet stores often keep their remnants out of sight, she says, but if you ask they should direct you to them. If you find a remnant piece you want, have it cut to size.

By using a remnant, you've created a custom piece with little expense.

**Think durable**

Try porcelain tiles for high-traffic entryways. It "looks like stone, but it's much less expensive than actual stone. We've done charcoal-grey, big rectangles of porcelain tile, and it's so much easier to sweep out or mop up because you can get it wet," says Burnham

THE ASSOCIATED PRESS

BETSY BURNHAM/THE ASSOCIATED PRESS

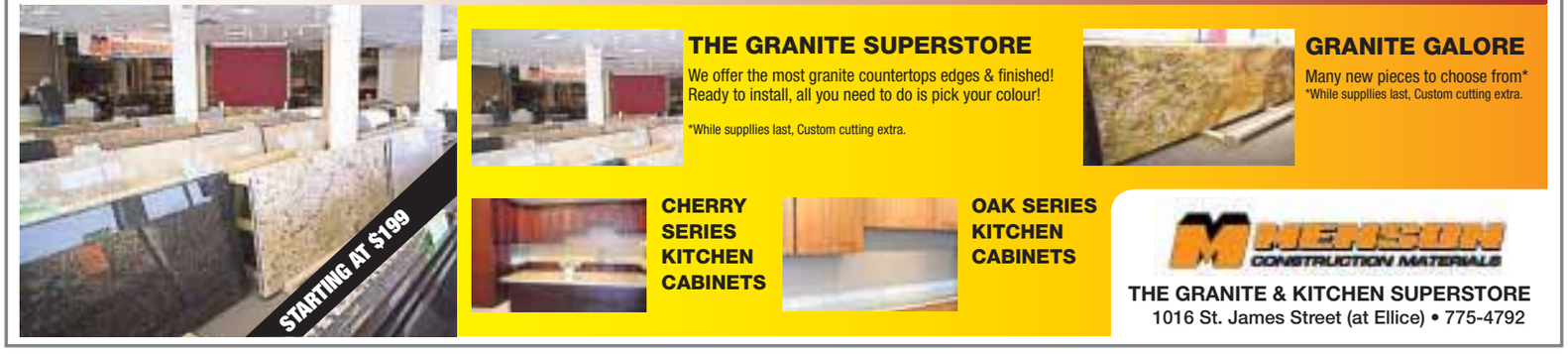
▶ A stone tiled entryway can withstand dripping umbrellas and muddy shoes.

**Think bold**

**Whatever material you use for your entryway floors, avoid pale neutrals and solids in favour of slightly bolder colours, patterns, and textures that hide dirt and signs of wear.**

**Bold florals or sunbursts** might not be your taste, says Caswell, but entryways are a great place to "be riskier and push yourself, so you can incorporate a little more of your personality. You're making that statement when someone enters your home."

IS YOUR TUB OR SHOWER EMBARRASSING?
START THE NEW YEAR OFF RIGHT WITH A NEW BATH FITTER TUB.
BATH FITTER will take care of your bathroom remodel. That's our job and our promise.
THE BATH FITTER ADVANTAGE
• No need to disturb existing flooring or plumbing
• Innovative, Easy-to-Clean
• Wide Selection of Designer Styles and Colors
• Lifetime Warranty
One Day Bath Remodeling
FREE IN-HOME ESTIMATE TODAY!
•Residential
•Apartments
•Hotel/Motels
BATH FITTER
204-668-1016 • 866-848-6399
www.BATHFITTER.com


MENSON CONSTRUCTION MATERIALS
STARTING AT $199*
THE GRANITE SUPERSTORE
We offer the most granite countertops edges & finished! Ready to install, all you need to do is pick your colour!
*While supplies last, Custom cutting extra.
GRANITE GALORE
Many new pieces to choose from*
*While supplies last, Custom cutting extra.
STARTING AT $199
CHERRY SERIES KITCHEN CABINETS
OAK SERIES KITCHEN CABINETS
MENSON CONSTRUCTION MATERIALS
THE GRANITE & KITCHEN SUPERSTORE
1016 St. James Street (at Ellice) • 775-4792

# Brightening up for spring

- Karl Lohnes checks out the latest trends from CB2
- Help your home decor beat the winter blahs

## DESIGN CENTRE

KARL LOHNES
HOME@METRONEWS.CA

From runway to home fashions there is one thing for sure this spring; colour is on its way! Bright and cheery, they are being used not only on small accessories, but on furnishings, lamps and flooring also.

Three of the hippest colours you'll see at CB2 are turquoise, orange and lime. When used as shots of colour you can add a wake-up colour punch to any room.

**Punchy furniture:** Adding colourful fabric to a headboard, chair or ottoman is a great way to inject not only colour, but pattern into a room. Just one piece can inject giant personality to a room so be judicious as to how much you add.

If reupholstering furniture then spend good bucks to have it done right; not only will the fabric be admired but so will the workmanship.

**Colourful lighting:** Whether it be a boldly coloured lampshade or a base, the best accessory this season is a coloured lamp.

Don't want to get rid of your current lamps? Try recovering the existing lampshade with a trendy-coloured wallpaper or fabric for fun.

The Hancock Bookcase (shown in Clover, $229) adds simple modern flair to any room.

CB2

▶ Just a few colour-trend pieces can help wake up a neutral room. Parlour Bold Chair, $899, CB2.

### Bold flooring

**From pattern to plain, carpeting for spring is about creating a statement.**

- **Simple bold shapes** and bursts of colour seem to be everywhere, but I like a simpler approach to colour by keeping the pattern plain.
- **A colourful rug** in the bath or beside the bed can help to wake up a room.
- **Use floor tiles** to mix and match your colours while keeping it very affordable.
- **Tip:** trends should be bought and easily replaced when new ones come around.

CB2

▶ Canada's first CB2 store opens Saturday in Toronto.

RBC Royal Bank

Is your home equity credit line weighing you down?

Your Bank
4.0%
(Prime + 1%)

or

RBC
3.5%
(Prime + 1/2%)

Drop 1/2% instantly and join the thousands who have saved money.

Introducing the RBC Rate Loss Program: a fast and easy way to go from paying 4% (prime + 1%) at your bank to 3.5% (prime + ½%) by switching to an RBC Homeline Plan® credit line. You could save as much as $5,000 in interest payments† and worry less, sleep more and feel better. **And we'll even cover your switching costs*.** So get with the program – and lose the rate you've been carrying today.

Visit any of our convenient branches or speak with your local RBC Royal Bank® mortgage specialist today. 1-866-864-0420

Advice you can bank on™

*We will pay the basic title insurance fee (not including migration fee), appraisals/property valuation fee and one discharge/switch out fee at another financial institution (up to $300 maximum). Offer excludes mortgage prepayment charges that you may have to pay. Minimum advance $50,000. †Savings based on $100,000 secured line of credit with interest being paid over 10 years comparing a 3.5% annual interest rate to a 4.0% annual interest rate. The interest rate will fluctuate with the Prime rate and is subject to change at any time without notice. Rate is effective as of January 3rd, 2012. Personal lending products and residential mortgages are provided by Royal Bank of Canada and are subject to its standard lending criteria. ® / ™ Trademark(s) of Royal Bank of Canada. RBC and Royal Bank are registered trademarks of Royal Bank of Canada.

## Weekly Cookbook

Fresh, the award-winning Canadian restaurant chain, is known for serving up meatless meals made from all-natural ingredients, full of exotic flavours and energy-boosting nutrients.

In their new book, fresh, founder Ruth Tal and co-owner and head chef, Jennifer Houston, share recipes from their enticing, healthy menu.

Among the eats included are: Quinoa Onion Rings, Kale and Oyster Mushroom Salad, Sunflower Sandwich, Avocado Cashew Banana Smoothie and more.

# Veg your bets on health

### Think you're getting enough veggies in your daily diet? New study suggests otherwise

CELIA MILNE
LIFE@METRONEWS.CA

C'mon guys. Eat your vegetables.

Most of us still don't eat enough fruits and vegetables to fend off major diseases, according to a new study done at Concordia University in Montreal. In particular, men, smokers and those with low incomes are at risk.

The World Health Organization has reported that eating five servings daily of fruit and vegetables helps in preventing diabetes, obesity, stroke and high blood pressure. Canadians, on average, fall just short of that.

"This study emphasizes the importance of eating sufficient fruits and vegetables," says lead author Mesbah Sharaf, a PhD candidate at Concordia. "It helps to identify the groups that need to be targeted for nutrition promotion policies aimed at encouraging fruit and vegetable consumption."

Sharaf and his team used a sample of 93,719 people from the 2007 Canadian Community Health Survey. They used statistical models to find out what lifestyle factors determine fruit and vegetable consumption.

The groups that need to work on healthier nutrition habits are those with a low income, those with low education, males, middle-aged people, singles, smokers, people with weak social interaction and adults who live in households with no children.

Quebec, which has a long history of farming, came out on top for fruit and vegetable consumption, compared to other provinces.

### West vs. East

**We're supposed to eat our fruits and veggies at least five times a day for best health. But do we? A new Canadian study shows eastern provinces lag behind.**

- **Canadian average** 4.95 time a day
- **Quebec** 5.5 times a day
- **British Columbia** 4.9 times a day
- **Alberta, Saskatchewan, Manitoba and Ontario** 4.8 times a day
- **Atlantic provinces** 4.4 times a day

ISTOCK

▶ Men, smokers and those with low income are among those not getting enough vegetables.

DANIER
100% GENUINE LEATHER

YELLOW TAG CLEARANCE
50%OFF* OR MORE
EVERY YELLOW TAGGED FALL AND WINTER STYLE

FEATURED LEATHER JACKETS
SALE
$169**
204020095 & 103020090
**SALE ENDS SUN. JAN. 29TH

*Off original price on every yellow tagged style.
While quantities last.
Selection varies by store.
Visit us online for availability and to find a store near you.

www.danier.com
customer service
1-877-9danier (1-877-932-6437)

### Looking to kick-start adding more veg into your routine? Try veggie-packed Muffuletta condiment

THE CANADIAN PRESS H/O

▶ This recipe makes about 500 ml (2 cups).

A Winnipeg company is currently looking for an employee with exceptional knowledge of Cantonese and Szechuan style cuisine (including traditional Hong Kong dim sum and Hong Kong style bakery and pastry), is able to and willing to train and to provide recipes and share your skills and knowledge and cooking techniques to the master chefs and sous chefs of the company. You have the following experience: (i) over 5 years experiences of training chefs; (ii) over 5 years experiences of a master chef; and (iii) experiences with opening new restaurants. We offer a competitive salary and comprehensive benefits package. Please send your resume to the following: Eric at: epl663@hotmail.ca

The hero-style sandwich condiment known as muffuletta would be a wonderful snack to serve to skiers, skaters and tobogganers this winter season.

A specialty of New Orleans, the sandwich is said to have originated in 1906. It consists of a round loaf of crusty Italian bread split horizontally and filled with an assortment of marinated olives and vegetables, deli meats and cheese.

### Preparation:

1. Finely chop green and kalamata olives, artichokes, sun-dried tomatoes, onion, capers, garlic and anchovies. Place in a bowl and stir to combine. Add oil, sambal oelek, vinegar, rosemary, parsley, oregano and pepper; stir again. Season with salt and pepper.

THE CANADIAN PRESS/LESLEY STOWE FIND FOODS

### Ingredients:

- 175 ml (3/4 cup) green olives stuffed with pimento
- 50 ml (1/4 cup) kalamata olives, pitted
- 50 ml (1/4 cup) artichoke hearts
- 50 ml (1/4 cup) sun-dried tomatoes, softened
- 1/8 red onion
- 15 ml (1 tbsp) capers, drained
- 2 cloves garlic
- 2 anchovy fillets
- 50 ml (1/4 cup) olive oil
- 1 ml (1/4 tsp) sambal oelek
- 5 ml (1 tsp) balsamic vinegar
- 15 ml (1 tbsp) chopped fresh parsley and rosemary
- 1 ml (1/4 tsp) dried oregano
- 1 ml (1/4 tsp) freshly ground pepper
- Sea salt and freshly ground pepper, to taste

# Less is more with gowns

STEPHANIE ORFORD
FOR METRO

The dress is everything, according to Veronica Di Santo-Abramowicz, managing partner for wedding dress atelier Ines Di Santo, based in Toronto. "If you feel great in it, that's all that matters."

Ines Di Santo makes dresses to suit many different tastes and shapes, explained Di Santo-Abramowicz.

She outlined a few looks to watch out for in the coming year.

**Less is more:** Wedding dresses in 2012 will be less over-the-top and more understated elegant. "Something more inspired by the royal wedding," said Di Santo-Abramowicz — tailored and regal, but not ostentatious.

**The mermaid:** Trends in skirt shape will be diverse. Fitted to the knee and then flared, the mermaid dress shape is an Ines Di Santo favourite and creates a curve-hugging body shape, said Di Santo-Abramowicz.

**Illusion necklines:** "We're seeing a turn away from the strapless," she explained. Instead, brides are gravitating toward illusion necklines — strapless dresses that are connected over the shoulders by sheer tulle. There are many different illusion neckline shapes to play with, said Di Santo-Abramowicz. It also provides more support than a strapless gown, and may be considered more appropriate in some religious settings because of its coverage.

**High-quality fabrics:** Lace is a timeless component of the wedding dress, said Di Santo-Abramowicz, but other fabrics, like tulle, are making a comeback. An airy Italian silk tulle skirt is perfect for the bride who wants to make a statement but retain a classic silhouette, she said.

**The full princess gown:** Alternately, some 2012 brides-to-be are choosing ball gowns worthy of Cinderella — voluminous dresses with skirts that jut from the waist or hips.

For any dress, couture to second-hand, the most important thing is to stay true to your personality, said Di Santo-Abramowicz.

**Left: The Ivory Alencon lace fit-to-flare gown with cameo pink underlay featuring a bateau neckline off-the-shoulder sleeve and dramatic lace bow at back from wedding dress atelier Ines Di Santo; and Ivory Silk Gazar gown with asymmetrical rouching throughout bodice with delicate Chantilly lace underlay and side slit.**

PHOTOS COURTESY INES DI SANTO

TRAVEL LEADERS
We are the Travel Leaders
Call our travel specialists for all the BEST rates
1-800-999-3699
www.ttravel.com

Perfect Pose Photography
Facebook
perfectpose.ca
204-223-6847
jeff@perfectpose.ca

CATERING SPECIAL EVENTS OF ALL SIZES FOR OVER 25 YEARS
FOR GROUPS OF 50 PEOPLE TO 500 PEOPLE
• WEDDINGS • CONVENTIONS • BUSINESS MEETINGS • ANNIVERSARIES • COMPANY PICNICS • FUNDRAISERS • CHRISTMAS PARTIES • AND MUCH MORE
GROSSE ISLE, MB (204)467-2544
WWW.THEHITCHNPOST.COM
OFF SITE CATERING NOW AVAILABLE, LET US BRING OUR WESTERN FLAVOUR TO YOU

manuel f. sousa
PHOTOGRAPHY
Weddings, Portraits, Corporate and Event Photography
204-488-6890
www.msousa.com

3 Graces Event Planning
"Events with you in Mind"
We start with you.
We don't deliver template event solutions. Our events are unique productions that reflect you, your hopes and the expectations of your guests… especially the gossipy types. From elegant to quirky, or simply traditional with a twist, 3 Graces delivers truly memorable event experiences filled with Joy, Charm and Beauty.
Phone: (204) 297-2865 info@3gracesevents.com
Check out our blog at: 3graceseventplanning.wordpress.com
www.3gracesevents.com

4 sports

# Frustration boils over

## Kleiza gets flagrant foul after knocking down Rondo during another ugly Raptors defeat

| 96 | 73 |
|---|---|
| CELTICS | RAPTORS |

ELISE AMENDOLA/THE ASSOCIATED PRESS

▶ Celtics forward Paul Pierce drives against Raptors forward James Johnson.

It was if the frustration of losing and losing and rehabbing and rehabbing and not being able to do what he wants yet on a basketball court caught up with Linas Kleiza in Boston on Wednesday night.

And when his Raptors teammates take some of that same anger and channel it into aggression and disgust with the situation, things might get better.

They probably can't get much worse.

Kleiza laid out Boston Celtic guard Rajon Rondo while Rondo was driving to the basket late in the third quarter of Boston's eventual 96-73 victory and it was one of the few moments of "force" anyone in a Toronto uniform showed all night.

Kleiza was slapped with a flagrant foul for the hit — Rondo stayed down for about three minutes before getting up to take his free throws — but the play at least showed the frustration of a six-game losing streak may be starting to bubble over.

As well it should, especially after a rather passive effort against an aging Boston team that was also riding a five-game losing streak.

The Raptors rarely played for long stretches with intensity and attitude, their defence was shoddy for far too long and, once again, they got below-average offensive production from a roster that can't seem to make up for the absence of Andrea Bargnani.

The Celtics got 21 points from Rondo before he left following the Kleiza hit and 15 from Kevin Garnett, who also got most of the fourth quarter off.

Gary Forbes had 18 for Toronto and DeMar DeRozan 11 as the Raptors shot less than 40 per cent from the floor again as a team. TORSTAR NEWS SERVICE

### Jets preview

**Buffalo at Winnipeg**
**7:30 p.m.**
**TV: TSN-Jets**

The Jets (21-20-5) welcome Buffalo (19-21-5). The Sabres have only won two of their last 10 and began their seven-game road trip with losses to the Islanders and Detroit, bringing their road winless streak to nine games heading into last night's game in Chicago. Ryan Miller was pulled after allowing five goals on 14 shots against the Red Wings. Defencemen Robyn Regehr (upper-body), Brayden McNabb (possible concussion) and Christian Ehrhoff (upper-body) are all out, leaving Buffalo to rely on recently healthy defenceman Andrej Sekera.
THE CANADIAN PRESS

Scan code for more sports.

# Leafs-Wings Classic almost a done deal

It appears the Maple Leafs will indeed play the Detroit Red Wings in next year's Winter Classic — a game the NHL hopes will break attendance records.

A source close to the talks confirmed a deal was just about done, after similar reports in Detroit newspapers.

It's been an open secret since the last Classic, between the Rangers and the Flyers, that the NHL wanted the Leafs to play the Wings next time.

The Michigan website Mlive.com reported Wednesday that the Wings had come to terms with the University of Michigan to use Michigan Stadium — a.k.a. The Big House — for the Jan. 1, 2013, game.

The NHL would not confirm the reports.

"Winter Classic for next year is still a work in progress," said Bill Daly, the NHL's deputy commissioner. "We will make an announcement when there is something to announce."

**110,000**

**Number of fans who could attend a game at Michigan Stadium, which would shatter the record of 71,217 set at the 2008 Winter Classic in Buffalo.**

"Nothing has been finalized," said Tom Anselmi, chief operating officer of Maple Leaf Sports and Entertainment. "The league is well aware we want to be in the Winter Classic, host a Winter Classic, or both."

The Leafs would become the first Canadian team to participate in the annual event, which has drawn a solid following on NBC television. Detroit owner Mike Ilitch had been lobbying for it. An Original Six matchup is a natural.

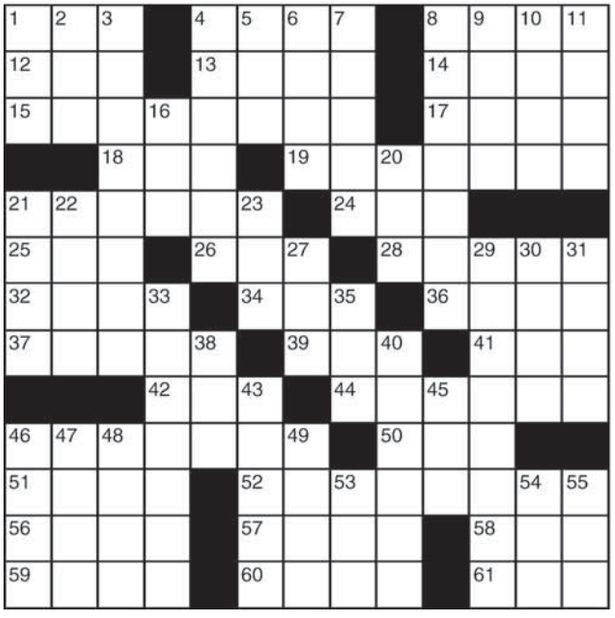
In 2010, Michigan Stadium hosted a game dubbed The Big Chill at the Big House, between Michigan and Michigan State, that drew 113,411.

Mlive.com reported that other related events, an alumni game and invitational tournament, would be held at Comerica Park, home of the Detroit Tigers. Ilitch owns the Wings and Tigers.

The league is loath to announce anything before the all-star game, unwilling to upstage that event.

An official announcement could come in February, after the Wings return home from a road trip. TORSTAR NEWS SERVICE

## Crossword



**Across**

1 Vacationing
4 Wasn't colorfast
8 Ohio nine
12 Neither mate
13 Ethereal
14 List-ending abbr.
15 Blackmailer's task
17 — mater
18 Barracks bed
19 Apparent
21 Incalculable
24 Witness
25 Island neckwear
26 Conclusion
28 Door fastener
32 Corner
34 Do sums
36 Salver
37 Cancel
39 "— the season ..."
41 Cleo's slayer
42 Calendar abbr.
44 Type of raincoat
46 Vanquish
50 Director's cry
51 Stead
52 Double-take, e.g.
56 Actress Jessica
57 Barn roof decoration
58 Sphere
59 "Hey, you!"
60 Eastern potentate
61 PBS funding org.

**Down**

1 Individual
2 "Family Guy" airer
3 Bit
4 Fight
5 Roman 52
6 Cupid's counterpart
7 Units of force
8 Beef, e.g.
9 Needle case
10 "Phooey!"
11 Smeltery refuse
16 Bill's partner
20 Conger or moray
21 Radius neighbor
22 Element no. 10
23 Modern-day evidence
27 Old insecticide
29 Tension caused by pulling
30 Moolah
31 Syringe, for short
33 Fruit used in preserves
35 Brief swim
38 Rawls or Reed
40 World Cup game
43 Gall
45 Eccentric
46 Applaud
47 Rembrandt works
48 Beaks
49 Stationery unit
53 Singer DiFranco
54 Tramcar load
55 Cagers' org.

▶ Yesterday's answer

| | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| A | T | M | | D | U | A | L | | D | I | A | L | | |
| D | U | E | | E | R | G | O | | E | R | I | E | | |
| D | N | A | | B | L | A | C | K | B | E | L | T | | |
| S | A | L | S | A | | | H | E | R | | | | | |
| | | | E | R | L | E | | G | I | D | D | Y | | |
| B | L | A | C | K | I | C | E | | S | O | D | A | | |
| A | I | D | | S | M | O | G | S | | P | A | L | | |
| B | L | O | W | | B | L | A | C | K | E | Y | E | | |
| A | T | S | E | A | | I | D | E | A | | | | | |
| | | | B | U | S | | | N | Y | L | O | N | | |
| B | L | A | C | K | H | O | L | E | | A | G | E | | |
| L | I | M | A | | O | D | O | R | | P | R | O | | |
| T | E | A | M | | E | D | G | Y | | P | E | N | | |

## Sudoku

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| | | 8 | 7 | | | 3 | | |
| 3 | 5 | | | 9 | 2 | | | |
| 9 | | | 3 | | | | 1 | |
| 7 | | | | 4 | | | | 3 |
| | | 5 | | | | 6 | | |
| 6 | | | | 3 | | | | 4 |
| | 9 | | | | 1 | | | 2 |
| | | | 4 | 2 | | | 7 | 9 |
| | | 7 | | | 6 | 8 | | |

### How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 4 | 7 | 6 | 5 | 8 | 2 | 9 | 1 | 3 |
| 8 | 2 | 3 | 1 | 9 | 4 | 7 | 5 | 6 |
| 5 | 1 | 9 | 7 | 3 | 6 | 8 | 2 | 4 |
| 2 | 6 | 5 | 8 | 4 | 7 | 1 | 3 | 9 |
| 1 | 9 | 8 | 3 | 6 | 5 | 4 | 7 | 2 |
| 3 | 4 | 7 | 2 | 1 | 9 | 6 | 8 | 5 |
| 7 | 3 | 4 | 9 | 5 | 1 | 2 | 6 | 8 |
| 9 | 5 | 2 | 6 | 7 | 8 | 3 | 4 | 1 |
| 6 | 8 | 1 | 4 | 2 | 3 | 5 | 9 | 7 |

## Send a KISS

**You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.**

*My handsome Knight*
*It is not getting easier being separated from you,,,,but I am managing the best I can....You are in my soul forever and ever till the end of tme....and that I promise you.* **YOUR LADY**

*Mr.Moussy*
*Dear Mr.Moussy, I know we're not together anymore but there wasn't a single day I went without thinking of you. I truly love you & I am sorry for all the mistakes I made throughout our relationship. I hope you have the heart to forgive me till then I'll wait for you patiently. I don't care how long it takes, I'll still love you the same regardless. Every moment without you,it seems like eternity. Just remember this, you are the only for me<3.* **BUNNIEBOO**

*Smile, someone loves you* **SPREADING THE LOVE**

## A look at the weather

BT BREAKFAST TELEVISION

**Jenna Khan, Weather Specialist**

*"Weather impacts everything we do. Providing the information you need before you head out that door and take on the day is the best part of my morning."* **WEEKDAYS 5:30 AM**

| TODAY | FRIDAY | SATURDAY |
|---|---|---|
| Min -28° | Min -24° | Min -13° |
| Max -22° | Max -19° | Max -12° |

## Today's horoscope

*For today's crossword answers and for expanded horoscopes, go to metronews.ca*

**♈ Aries March 21-April 20**
There is a luck factor working in your favour at the moment, but you still have to work hard.

**♉ Taurus April 21-May 21**
Start making new career plans today. Get ahead and make sure you stay ahead.

**♊ Gemini May 22-June 21**
The planets are very much on your side at the moment, so don't be afraid to take a few risks.

**♋ Cancer June 22-July 22**
Someone may sound sincere but according to the planets, he or she is trying to trick you into believing something that is simply not true.

**♌ Leo July 23-Aug.23**
Partners may seem more dominant than usual today, but the only power they have over you is the power you give them.

**♍ Virgo Aug. 24- Sept. 22**
If you want to be on top of your game today, a positive mental attitude is an absolute must.

**♎ Libra Sept. 23-Oct. 23**
This is potentially a great time of the year for you but you've got to be way more upbeat.

**♏ Scorpio Oct. 24-Nov. 22**
If you poke your nose where it is not wanted today, you run the risk of losing a friend's support.

**♐ Sagittarius Nov. 23-Dec. 21**
The Sun soon moves into one of the better areas of your chart and money worries won't a burden.

**♑ Capricorn Dec. 22-Jan. 20**
If you have been looking to end an association that has become a bit of a burden, now is the time.

**♒ Aquarius Jan. 21-Feb. 18**
Life's pace is about to pick up on every front, but that's OK because you have been operating well below capacity in recent weeks.

**♓ Pisces Feb. 19-March 20**
There's danger in deciding to take the easy way out of a dilemma. Don't do it. **SALLY BROMPTON**

## Caption contest

PATRICK SEMANSKY/ THE ASSOCIATED PRESS

CHARLIE NEIBERGGALL/ THE AP

WIN!

**You write it!**

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in Thursday's Metro.

Do your resolutions include finding a new career?
Explore what you want to be and how to get there.
Visit CareerBear.com to learn more

# Modern Apartment Living in St.Vital

## 15 Arden Avenue, Winnipeg

Located in the established Winnipeg community of St. Vital, you are just minutes away from St. Vital Shopping Centre, St. Vital Park and the University of Manitoba.

- Beautifully renovated suites
- Stunning maple hardwoods in living rooms
- Controlled secure entry
- Appliances included
- Beautifully landscaped outdoor patio area
- Heated underground and surface parking available
- Visitor parking provided
- Clean, bright main floor laundry room
- Fireplace in all suites
- On-site resident building managers

Timbercreek
ASSET MANAGEMENT

204.509.7806